



# Prior Weston Primary School

## Wellbeing & Safeguarding Newsletter

### Autumn Term 3: 2023/24



### WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads for Prior Weston Primary School & CC:

- Bernie Lead DSL
- Fiona Lead DSL
- Simone DDSL and Inclusion Lead
- Bev DDSL
- Aoife DDSL
- Touvonna DDSL
- Rae DDSL
- Nicola DDSL

Safeguarding Governor: Grazia Piras

For a copy of our school's Child Protection and Safeguarding 2023 Policy, please visit the 'Safeguarding' page on our [School Website](#)



Dear Families,

Talking to your child about how they are feeling can be hard, especially if you are concerned that they are having a bad time. You may not know what to say, or feel worried about how your child will react. It doesn't matter what topic the conversation starts with – It's about the opportunity it gives you to talk about their feelings and provide comfort. When your child starts an activity can often be a good time to talk.

Remember they may not be ready to talk give them some space, but let them know that you are there for them when they are ready.

The Parent House offer free 1-2-1 support, advice and signposting plus courses and workshops to all Islington parents. [www.theparenthouse.org.uk](http://www.theparenthouse.org.uk)

The Parent House have partnered up with Bright Start, to run a parenting group *Stronger Together*, for parents with young ones under 3 and expectant parents starting on 18<sup>th</sup> January 2024.

#### Stronger Together Free course for Islington Parents

Do you want to understand your baby/child?

Have fun and build strong relationships?

For parents of children under 3 years old and those expecting babies

When: Thursdays, from 18th January for 9 weeks Time: 9.30am to 12.30pm

Where: The Parent House, 55 Calshot St, N1 9AS

Join our 9-week course in January 2024 •

Learn to listen to your own and your child's needs • Understand your child's behaviour. • Get to know your local services

- Develop your parenting knowledge • Meet other parents • Explore your creative side



## Advent Fair & Christingle

### A seasonal message from Father Jack!

**Sunday 3rd Dec 11.15 - 3.30pm**

Join us at St Giles' church Advent Fair, meet your neighbours, enjoy some Christmas shopping and entertainment to start the festive season. Browse your favourite stalls offering handbags, jewellery and accessories, choice bric-a-brac, books and more. Enjoy refreshments and music.

The City of London brass band starts the day with a swing. You can then request your favourite organ pieces, and there's a lovely children's concert. There's a raffle and Christingle making. Activities close with music and candlelight as we join together for the family Christingle service between 3.30-4pm.



Looking forward to seeing you there ....

## Prior Weston Food bank to re-open before the holidays !!!!!!!!

Please help us to help our school community and donate some seasonal and essential items for our school community food bank. Think treats and basics. If you have some items you can donate please drop them into Bernie's office before the 15<sup>th</sup> of Dec.

### Think families - think out of the box!



## Wellbeing tip of the week – attitude of gratitude

Daily gratitude can support positive wellbeing, as it helps train our brains to notice the good things and show appreciation for the parts of life that help us feel happy. Feeling hopeful and confident about the future can help us to live longer, heal faster and be less likely to suffer from depression and anxiety. Practicing gratitude doesn't need to take up a lot of time but can make a big difference to how we feel. How you choose to do it is up to you. You might like to do it at the start or end of each day. You could write down or think about one (or more!) of these suggestions or create your own categories:

- Three good things that happened today
- Three things that made you smile today
- Three kind deeds or actions you saw today
- Three people in your life you are grateful for

You might like to share your practice with family, friends or colleagues and encourage them to do the same.



ISLINGTON

Berkeley  
Designed for life

WE INVITE YOU TO JOIN OUR

# CHRISTMAS FESTIVITIES

*in King Square Gardens*

**FRIDAY 15TH DECEMBER**

4PM-6PM

COME ALONG TO ENJOY:

- \* SANTA, SLEIGH & PRESENTS \*
- \* LIVE MUSIC & CAROL SINGING AROUND THE TREE \*
- \* GIANT SNOW GLOBE \*
- \* REINDEER BRONCO \*
- \* RAFFLE \* \*
- \* MEET AND GREET THE MAYOR OF \*  
ISLINGTON & OUR LOCAL COUNCILLORS

\*all proceeds will go towards future King Square Gardens Projects

# PRIOR WESTON

## PRIMARY SCHOOL



At Prior Weston Primary School, we are pleased to announce that we will be offering our children a Winter play scheme!

Available for all children Reception to Year 6

**The Winter play scheme is open from:**

**Wednesday 3rd Jan 2024 to Friday 5th Jan 2024**

**Day: 9:30 - 3:30pm**



**ARTS & CRAFTS | DANCE | SPORTS | GAMES | HEALTHY LUNCH AND COOKING**

**All bookings and payments can be made via Parentmail**

Places will be allocated on a first-come, first-served basis. To maximise your chances of securing a place, early booking is advised!

**We have limited funded places please ask Bernie or Dan for information**

For more information: [Extendedday@priorweston.islington.sch.uk](mailto:Extendedday@priorweston.islington.sch.uk)

